



# CIRCLE OF SECURITY<sup>®</sup>

## PARENTING<sup>™</sup> PROGRAM (COSP)

**Raising children is tough  
– you are not alone!**



### About the Program

Circle of Security Parenting (COS-P) is a proven program backed by over 60 years of research. It's designed to help you build a strong, secure bond with your child, even in the most challenging moments (like when the white socks just won't do).

This is a non-judgmental space. You will gain a fresh perspective and simple, effective tools to understand and respond to your child's needs — creating the kind of connection every parent hopes for.



### Session Options:

This program can be run one-on-one or in small groups, and delivered online (from your home) or in-person.

- 1.5 hr sessions over 6 weeks (weekly preferred)
- 2 hr sessions over 4 weeks (weekly preferred)

 **Now enrolling – online or in-person sessions available!**  
**Contact for current dates/times.**

### You Will Learn

- Understand your child's emotional world by learning to read emotional needs (that tantrum isn't actually about the banana).
- Support your child's ability to successfully manage emotions.
- Enhance the development of your child's self-esteem.
- Recognise your triggers and honour your inner wisdom respond with calm and clarity.

### For further information

 **0431 419 140**

  **connection.circles**

 **connectioncircles0@gmail.com**



### Meet Your Facilitator

Aisha is passionate about helping children build solid foundations.

She brings over 20 years of experience in child protection and early education.

**Let's help every child thrive!**